



**Calhoun: The NPS Institutional Archive**

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Institutional Publications

Peacock Press (Magazine)

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Quality of Life Department, Naval Postgraduate School (U.S.)

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# Peacock Press

NAVAL SUPPORT ACTIVITY MONTEREY

QUALITY OF LIFE PROGRAMS • MONTEREY, CALIFORNIA

## Will You have this Dance?

FREE Ballroom & Line Dancing Lessons

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& Resolution Run to start the New Year

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Captain Kevin Bertelsen  
Commanding Officer

Pete Dausen  
Deputy Director

Denise Fairbanks  
MWR Recreation Director

Samuel Jepsen  
Golf Course / RV Campground  
Manager

Austin Daniells  
Golf Course Superintendent

Theresa Ikstrums  
Child and Youth Programs  
Director

Nicole Wright  
Navy Community Recreation Manager

Leslie Flynn, M.A.  
School Liaison Officer

Hugh Butler  
Executive Chef

Melanie Arellano  
Catering Sales  
Manager

David Wolf  
NGIS Manager

Robin Hudson  
FFSC Site Manager

Cecilia S. Legario  
Marketing Coordinator

**MWR ADMINISTRATIVE OFFICE**  
Herrmann Hall (Rm. 55)  
Open weekdays,  
8 am-4 pm  
Closed weekends/  
federal holidays  
Phone: 831-656-2533

**MWR BUSINESS OFFICE**  
Open weekdays  
8 am-3 pm  
Closed weekends/  
federal holidays  
Phone: 831-656-7954

**PEACOCK PRESS**  
MWR Department  
Naval Support Activity Monterey  
1 University Circle  
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All phone numbers are in  
area code 831.



# Pre-Thanksgiving Buffet

## Wednesday, Nov 23

5-7 pm in the  
El Prado Dining Room

Reservations required.

Call 831-656-7512.

### MENU:

Pear, Walnut and Blue Cheese over Boston Lettuce and Arugula. Pomegranate and Persimmon Salad with Goat Cheese over Romaine Hearts with a Riesling Dressing. Roasted Baby Beets and Roasted Fennel with Parmesan Cheese; Butternut Squash Soup with Cream Fresh and Chives; Roast Tom Turkey seasoned with Maple Butter; House-prepared Sausage Stuffing and Giblet Gravy; Scalloped Potatoes; Roasted Cinnamon-flavored Acorn Squash; Cranberry Sauce; Assorted Pies and Cakes.

### COST:

Adult \$27 / Children (ages 5-10) \$13.50

# PEARL HARBOR REMEMBRANCE DINNER

## FRIDAY, DECEMBER 2

6 pm Social Hour / 7 pm Dinner in the El Prado Room, Herrmann Hall.  
Hosted by the AFCEA Monterey Bay Chapter, the Monterey Bay Commandery of the Naval Order and the Monterey Peninsula Council of the Navy League.  
Military: Service Dress Blues with ribbons or service equivalent; Civilian: Coat & tie.  
Active duty E-1/E-5 \$30; E-6/O-3 \$50; All others \$60  
Tickets are available at the MWR Tickets & Travel Office starting October 1.

For more information, contact CAPT Ken Johnson, USN (Ret)  
at 831-657-9793 or email nousmtyken@sbcglobal.net



# CLUBS & DINING

## CAFÉ DEL MONTE..... 831-656-7885

Next to Dudley Knox Library.  
Mon-Fri 7 am-2 pm / Closed on federal holidays  
• Breakfast Mon-Fri 7-10:30 am  
• Lunch Mon-Fri 10:30 am-2 pm

NOTE: Café Del Monte will be closed Dec 16-30.

Stop by Café Del Monte Mon-Fri mornings for a delicious Breakfast Burrito! Daily specials from around the world. Great prices! Quick service! Club Del Monte Daily Lunch Specials can be found at <http://intranet.nps.edu>

## EL PRADO DINING ROOM..... 831-656-2170

The El Prado Dining Room serves breakfast and lunch Mon-Fri. Closed on federal holidays.  
• Hot Breakfast: Mon-Fri 6:45-9:15 am

- Ala Carte Breakfast: Mon-Fri 6:45-10:45 am
  - Lunch: Mon-Fri 10:45 am-1:15 pm
- NOTE: El Prado Dining Room offers limited menu items from Dec 16-30.

The El Prado offers the best fresh salad bar on the Monterey Peninsula as well as a made-to-order sandwich bar. Hot entrees, fresh soup and chili con carne are offered daily. Come in on Fridays for the house special, clam chowder.

## STARBUCKS

located in the Naval Postgraduate School - Dudley Knox Library and is open Mon-Fri 6:30 am-5:30 pm, Sat 9 am-2 pm. Closed Sun and federal holidays

Holiday Closures: Oct 8-10; Nov 11-13 & 24-27; Dec 17-18; 24-26 & 31-Jan 2

## Holiday Hours:

- Dec 19-22 • 6:30 am-3 pm
- Dec 23 • 9 am-2 pm
- Dec 27-30 • 6:30 am-3 pm

## TRIDENT ROOM..... 831-656-7508

Herrmann Hall ground floor (Bldg. 220)  
Open Mon-Sat. Closed Sun & federal holidays.  
NOTE: Trident Room hours, Dec 16-31:  
Mon, Wed & Sat 4-9 pm / Thu & Fri 3-9 pm  
Check out our appetizers and dinner menu at the Trident Room featuring fabulous healthy entrée selections in addition to the house favorites. Join us for dinner tonight!

## Trident Room Beverage Service:

Mon-Wed & Sat 4-9 pm, Thu-Fri 3-9:30 pm

## 2016 Navy Midshipmen Football

Join us in the Trident Room on  
**Saturday, Oct 1 & 22 • 12:30 pm and**  
**Saturday, Oct 8 • 12 noon** to watch the Navy Midshipmen Football games. Food and beverage specials will be available for purchase. Open to eligible patrons.

**CATERING** - Book your wedding, rehearsal dinner or anniversary party with Club Del Monte. Call 831-656-1049 or email [mwrcatering@nps.edu](mailto:mwrcatering@nps.edu)

**THEATER** Movies are shown every Wednesday at 6 pm in the El Prado Room. Grab a bite from the Trident Bar and enjoy a movie. Look for movie listings on our website at <http://navylifesw.com/monterey/movies/>. No movies scheduled for Nov 23, Dec 21 & 28. For more information, call 831-656-7955 or e-mail [CommRec@nps.edu](mailto:CommRec@nps.edu)

## LIBERTY PROGRAM

Liberty events are open to all single and unaccompanied enlisted sailors assigned to NSA Monterey and tenant commands. For more information (or if you need a ride to any event) call 831-656-7955 or email [Liberty@nps.edu](mailto:Liberty@nps.edu)

**Coffee before the lecture. Always a good idea.**

Crafting your favorite beverages at Naval Postgraduate School - Dudley Knox Library.



## MONDAY

**Seafood Cioppino** with scrumptious shrimp, calamari, crab, mussels and garlic bread \$16.75

## TUESDAY

**Prime Rib Night**, moist & tender prime rib with au jus accompanied with horseradish, baked potato and sautéed fresh vegetables \$18

## WEDNESDAY & SATURDAY

### Chef's Specials!

Join us for the Chef's freshly-prepared special selections.  
Call the Trident Room at 831-656-7508 after 4 pm for details.

## THURSDAY

Baked Tender **Baby Back Ribs** served with corn bread, twice baked potato and sautéed Swiss chard \$15

## FRIDAY

**Grilled Ribeye Steak with Sautéed Shrimp** served with crispy parmesan Yukon potatoes and baked stuffed tomato with baby kale \$19.50

**Dinner Specials served**  
**Mon-Sat 4-9 pm in the**  
**Trident Room.**



**Check out Club Del Monte on Facebook to stay in the know!**

**Trident Room**  
**DINNER SPECIALS**

# Community Recreation Adventures



For more information about Community Events or to register for these Adventure trips, call 831-656-3223/6059 or email CommRec@nps.edu. Community

Recreation and Tickets & Travel Offices are located in Herrmann Hall, Bldg 220. (Register at the Tickets & Travel Office one week prior to the trip. Some trips may require a "register by" date. Fees may apply). Directions and meeting location will be provided upon registration.

## OCTOBER

### Swank Farms

**Saturday, Oct 15 • 12-5 pm**

Join us as we head to Hollister for one of the area's biggest and best pumpkin patches. Spend a couple hours with us picking out the best pumpkins and exploring the 'Manic Maze' in the corn field. There is even a kiddy corral for the little ones. This trip is transportation only. Open to all eligible patrons. (Fees may apply.)

### Ballroom Dancing

**Thursdays, Oct 6 & 13 • 5-6 pm • Free!**

Want to learn how to swing dance or do the hustle? Join us in the Barbara McNitt Ballroom as we break down the steps. Open to all eligible patrons.



### San Francisco Fleet Week

**Saturday, Oct 8 • 7 am-9 pm**

Experience San Francisco during one of the best times of the year, Fleet Week! Daytime features an Air Show, parade of ship, ship tours and the city to explore in all its glory. This is an on-your-own trip, transportation only. Open to all eligible patrons.

### Paint The Town

**Friday, Oct 21 • 6-9 pm**

Uncork your creativity as we break down how to create your very own take-home masterpiece. Join us in the La Novia Room for painting and complimentary appetizers. Space is limited. Register at the Tickets and Travel Office. Open to all hands, ages 13+.

## NOVEMBER

### Free Line Dancing Lessons

**Thursdays, Nov 3, 10 & 17 • 5-6 pm**

**in the El Prado Room • Free!**

Come learn how to boot, scoot, and boogie. Open to all eligible patrons.



### Wii Turkey Shoot

**Wednesday, Nov 9 • 4-6 pm in the Trident Room • Free!**

Test your hunting skills on the big screen at our Wii Turkey Shoot. Get the highest score and win a prize! Open to all eligible patrons.

### Light Up The Night Family Craft Night

**Wednesday, Nov 16 • 5-6 pm in the El Prado Room • Free!**

Join us to light up the night by creating your very own fairies or galaxy in a jar. A children's movie will immediately follow the craft making. Open to all eligible patrons, all ages.



### Kid's Pumpkin Painting

**Wednesday, Oct 12 • 4:30-6 pm in the La Novia Room • Free!**

Decorate your pumpkin as scary or as jolly as you'd like! Painting is immediately followed by a kid-friendly movie. Register by Oct 10 at our Tickets & Travel Office. Open to all eligible patrons, all ages.

### Great America Halloween Haunt

**Saturday, Oct 22 • 5:30 pm-2:30 am**

Spend this scary night riding thrill rides and walking around Great America during their Halloween Haunt night. Walk through 8 sinister mazes, sadistic new shows and a new haunt attraction. Open to all eligible patrons ages 13+. Fees may apply.

### Terror In The Trident

**Thursday, Oct 27 • 4:30-6:30 pm • Free!**

Join us in the Trident Room for a Halloween Party! There will be a costume contest, appetizers, music, and lots of fun! Open to all eligible patrons.

### Freaky Family Friday

**Friday, Oct 28 • 6-8 pm FREE!**

Join us in the Barbara McNitt Ballroom for a children's Halloween party! There will be crafts and lots of goodies.

## DECEMBER



### Army/Navy Tailgate Party

**Saturday, Dec 10**

**11:30 am-4 pm**

**Trident and El Prado Rooms Free!**

It's the time of year everyone has been waiting for, the Army vs. Navy game!

You're invited to watch the game with

us. A kids' movie will be shown in the La Novia Room. Open to all eligible patrons. Sponsored by Navy Federal Credit Union.

Thank you to our sponsor!



*Does not constitute U.S. Navy endorsement.*



## Roaring Railroads Holiday Lights Train

**Saturday, Dec 17 • 3:30-9 pm** (Fees may apply.)

Ride through Santa Cruz mountains on a vintage excursion car adorned with thousands of colorful lights. Enjoy the holiday spirit with spiced cider, holiday carols and musical entertainment. Open to all eligible patrons.

## JANUARY

### Paintball

**Saturday, Jan 7 • 8:30 am-4 pm** (Fees may apply.)

Join us as we head to Hollister to play at one of the best fields in the state. Play an astounding 21 games! Open to all eligible patrons, 10+. Children between the ages of 10-17 must be accompanied by an adult.

### Welcome Back Luau

**Thursday, Jan 12 • 4:30-6:30 pm • Free!**

Get back into the swing and sway of things after the New Year! Enter our limbo contest and win a prize. Island-inspired dinner and beverages available for purchase. Open to all eligible patrons.

### Wine Tasting in Paso Robles

**Saturday, Jan 14 • 8:30 am-7 pm** (Fees may apply.) Enjoy the day exploring the vineyards of Paso Robles. Open to all eligible patrons.

### Kid's Paint Night

**Wednesday, Jan 18 • 5-7 pm in the El Prado Room • Free!**

Make any room special with your child's take-home work of art! All supplies are provided as we paint a scene step-by-step. Complimentary snacks and refreshments. Open to all eligible patrons of all ages!

### Video Game Night

**Wednesday, Jan 18 • 5-7 pm in the El Prado Room • Free!**

Smash your opponents on the big screen and win a prize! Complimentary snacks and refreshments. Open to all eligible patrons of all ages!

### UPCOMING EVENTS!

- February - Super Bowl Sunday and Mardi Gras
- March - St. Patrick's Day Celebration in the Trident
- Plus, Monthly Game Nights return!



**Like NSA  
Monterey  
Community  
Recreation on  
Facebook**

## Teddy Bear Tea

**Sunday, Dec 11**

**12:30-2:30 pm in the  
Barbara McNitt Ballroom**

Celebrate the holidays with us at the Teddy Bear Tea! Enjoy assorted beverages and cookie decorating along with family entertainment and the opportunity to take your picture with Santa! Register today at our Tickets & Travel Office. Open to all eligible patrons.



## TICKETS & TRAVEL

Herrmann Hall (Bldg. 220, Rm 131) **831-656-3223**

Mon-Fri 10 am-3 pm.

Closed weekends and federal holidays.

### Holiday Closures:

Oct 10, Nov 11, Nov 24-25, Dec 26 and Jan 2.

The Tickets & Travel Office has all you need to learn about what there is to do in the local area. Discounted tickets for area tours, attractions, museums, amusement parks, seasonal attractions and more; and numerous hotel and car rental vouchers are also available. Stop by and pick up some free brochures and get the fun started today! For more information, call 831-656-3223 or email [tickets@nps.edu](mailto:tickets@nps.edu)

**Want to be Scared?** Universal Studios Halloween Horror Nights and Knott's Scary Farm tickets are available now!

**Knott's Berry Farm** - Free admission for you plus one guest in November! Active duty, retirees and veterans are eligible for this promotion. Additional tickets may be purchased at the Tickets & Travel Office.

**Discover San Francisco** with our Explorer Card! Choose three or four attractions and go at your own pace within 30 days of activation.



### See's Candies Gift

**Certificates** Pick up a few of these great stocking stuffers for only \$16.25/lb.

### Cinemark Concession Supersaver

**Coupon** Take the kids or your plus 1 to the movies, but don't forget your concession supersaver to get a Jr. popcorn and small fountain drink for \$6.

### Military Salute Disneyland Tickets

\$140.50 - Ticket is valid for three (3) days of admission to both Disneyland® and Disney California Adventure® Parks. Tickets may be purchased by Dec 16 and are valid through Dec 19, 2016. Restrictions apply. See Ticket & Travel Office for complete details.

### Enterprise - Planning a trip? Need a Car?

We have Enterprise Compact Rental Cars available for \$30 a day.



Get  
affordable

Military vacations around the world for Military personnel and their families by visiting [www.afvclub.com](http://www.afvclub.com). Be sure to select Navy-Monterey Bay Postgraduate as your military installation!

# NPS MONTEREY SPORTS & FITNESS



MWR FITNESS & SPORTS CENTER  
Bldg. 208 ..... **831-656-3118**  
Email: [FitnessC@nps.edu](mailto:FitnessC@nps.edu)  
Mon-Fri 5:30 am-8 pm  
Sat 8 am-4 pm / Sun 11 am-4 pm  
Closed all federal holidays.

Winter Break Hours: Dec 19-30  
Mon-Fri 7 am-7 pm  
Sat 8 am-4 pm / Sun 11 am-4 pm  
(Limited class schedule during winter break)

Holiday Hours: Closed Oct 10;  
Nov 11 & 24; Dec 25, 2016 & Jan 1, 2017

## Fitness Membership

*Active duty, reservists, retirees and their family members and DOD civilians are eligible for a FREE membership.*

### Daily Fitness Membership Fee

Military/Family Members/DOD/NEX....FREE!  
Contractors/Guest

DOD Family Members ..... \$3

### Monthly Membership Fee

Contractors/DOD Family Members..... \$25

### Six-Month Membership Fee

Contractors/DOD Family Members..... \$138

### Annual Membership Fee

Contractors/DOD Family Members..... \$250



**Personal Trainers** - Are you frustrated with your workout routine? Are you seeing the results you'd like to see? Not sure where to start? Let one of our Personal Trainers help you achieve your goals. Cost effective & fun.

- Half-hour session ..... \$20
- Hour session ..... \$40
- 6 one-hour sessions..... \$225
- 10 one-hour sessions..... \$350

*By appointment only.*

**Equipment Orientation** available on a walk-in basis. Questions about a machine or how to use a program on the cardio equipment? Stop by the front desk and ask any of our Navy Fitness certified staff to maximize your time at the gym.

## Bench Press Competition

**Friday, Jan 20**

Set a new personal record, or just find a starting point to help you meet your New Year's goals for 2017! Two categories for competing: 1 Rep Max, or Max Repetitions (weight based on percentage/gender/age). Time TBA.



## Fitness Improvement Tips!

Feel like your program isn't working for you? Not seeing improvements? Let our Fitness Specialist design a fitness program that works for you. Free for Active Duty.

**Massage Therapist** offers classic, deep tissue, sports, Esalen, pregnancy and reflexology massage. Help improve performance, decrease pain and promote relaxation! Gift certificates available. For more information or to make an appointment, call 831-656-3118.

## SPORTS CLUBS & LEAGUES

*Sign up at the Fitness & Sports Center front desk. Must be 18 years old, out of high school and have a valid ID to participate. Open to all eligible patrons! For more information about these programs, contact 831-656-3118 or email [FitnessC@nps.edu](mailto:FitnessC@nps.edu)*

## Women's Tennis Club

**Mon-Fri 9:30 am-Noon** at the tennis courts adjacent to the Fitness & Sports Center across from Lake Del Monte. All levels and abilities are welcome. Dues paying members of the Club may participate in inter-club match play against other Women's Clubs on the Monterey Peninsula. Hope to see you on the courts! For more info, call 831-915-4625.

## Judo Club

- Beginners - **Mon • 6:30-8 pm**
  - Intermediate/Advanced - **Wed • 6:30-8 pm**
- Judo classes meet at the Fitness & Sports Center. 12-week Beginners course starts the first week of each academic quarter. No previous experience required. Intermediate/Advanced sessions for those who have

completed the Beginners course, experienced Judoka, or with instructor permission. Olympic and Kodokan style Judo; Tournament & recreational Judo; Improve your physical fitness while learning a new sport. **NOTE:** *Participant must become a member of the United States Judo Federation, Inc. Membership is \$50/year. Application available at the Fitness & Sports Center front desk.*

**1000 lb/600 lb Club** is a combination of your squat, dead lift and bench press. The lifter must meet or exceed 1000 lbs. or 600 lbs. with any combination of these three lifts. This is a FREE, ongoing event. Lifters who meet the 1000/600 lbs. get a free T-shirt. Please visit Fitness & Sports Center for more details.

## Command PT

(Available by appointment only) Our fitness specialists are here to help our active duty meet all their fitness goals! Our qualified trainers will design a program to accommodate your schedule and spice up your routine with new fitness training tools. Call with 48 hours minimum notice to schedule your command PT program today!

## Annual Family Turkey Trot 5K

**Friday, Nov 18 • 3 pm**

Come and trot away your turkey! Meet in front of Herrmann Hall to run two laps or walk one lap around NSA Monterey! Top male and female finishers in each age category win Thanksgiving turkeys! Second place male and female participants in each age category win Thanksgiving pies! Register by 2:45 pm on the day of the event. For information, call 831-656-3118 or email: [FitnessC@nps.edu](mailto:FitnessC@nps.edu)



# FITNESS CLASSES

## Resolutions Run

**Friday, Jan 6 • 3 pm**

Start 2017 out on the right foot and join us for our New Year Resolutions 5K! Meet in front of Herrmann Hall to run two laps or walk one lap around NSA Monterey! Top finishers win a T-shirt. Register by 2:45 pm on the day of the event. For more information, call 831-656-3118.

## Flag Football League

**begins Monday, Oct 17.** Games are played at Sparks Field at 6, 7 & 8 pm on Mondays & Wednesdays only. Teams consist of 6-12 players. Open to all eligible patrons! Rosters are due to the Sports Coordinator/Sports Assistant 10/7.

## Army vs. Navy Flag Football Game

**Friday, Dec 9** at Sparks Field. Open to all eligible patrons! Rosters are due to the Sports Coordinator/Sports Assistant by 12/2. DLI is the Army Team/Navy Team is All-Stars.

## Basketball League

**begins Monday, Jan 9.** Games are played at 6, 7 & 8 pm at the Fitness & Sports Center Basketball Court every Monday & Wednesday only. Teams consist of 6-12 players. Open to all eligible patrons! Rosters are due to the Sports Coordinator/Sports Assistant by 12/15.



**BARRE** A combination of dance, pilates, and yoga; this class pushes your muscles to the limits through high repetition body weights exercises and stretches.

**CYCLE** Recognized as one of the best, low-impact cardiovascular workouts available. This class focuses on leg muscle strength and endurance designed to challenge all.

**HIIT** A full body workout using the science of High Intensity Interval Training to create a fun unique workout scalable for anyone. Interval training uses alternating short periods of intense anaerobic exercise with less-intense recovery periods. \*Designed for active duty service members. Open to all eligible patrons.

**NOFFS: OPERATIONAL SERIES** Navy Operational Fitness and Fueling System emphasizes how to specifically improve functional movement through balance, agility and coordination. Using the latest sports science methodologies, the logic engine for NOFFS combines both human performance and injury prevention strategies, resulting in safer training while yielding positive human performance outcomes. FREE to all hands.

**POWER-SCULPT** Full-body strength work using high repetition, multi-joint exercises, which challenge your muscles to work together. Added cardio bursts, plyometrics and killer abdominal moves will make sure your body gets pushed to its limits!

**PERFORMANCE TRAINING** This class will help improve performance and push you to your personal limits across a wide array of skills. Designed with active duty service member in mind, however, it's FREE and open to ALL.

**TRX-TARGET** is a suspension training system that uses body weight and gravity to increase balance, strength, flexibility and core stability. TRX is a great way to maximize the time in the gym.

**U-JAM** This is a cardio-dance based workout uniting world beats with urban flavor. The music will take you around the world from old school hip hop to Bollywood with a workout that makes you sweat, tones your body, and leaves you craving more.

**YOGA** Strengthen your body and mind through smooth-flowing combinations while increasing balance and range of motion.

**ZUMBA** A dance fitness program that mixes low-intensity and high-intensity moves for an interval-style calorie-burning dance fitness party! A total workout combining all elements of fitness: cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class!

For a complete listing of pricing and schedule of group exercise classes and programs, visit our Facebook page "Navy Fitness Monterey" or stop by the Fitness & Sports Center.

## MEALS ON WHEELS

Of The Monterey Peninsula



## VOLUNTEERS NEEDED!

MAKE A DIFFERENCE BY CALLING...

(831) 375-4454

Email: [assist@mowmp.org](mailto:assist@mowmp.org)

[www.mowmp.org](http://www.mowmp.org)





**GOLF COURSE**..... **831-656-2167**  
Open daily 6:30 am-7 pm

**GOLF SHOP** ..... **831-656-2167**  
Open daily 6:30 am-7 pm

**THE MONTEREY PINES GRILL & BAR**..... **831-656-7799**  
Open daily 7 am-7 pm

**Holiday Hours** - The Golf Course & Clubhouse are open until 2 pm on Thanksgiving Day and Christmas Eve; closed on Christmas Day; open 7 am-5 pm on New Year's Day

Monterey Pines Golf Club's par 69, 18-hole course challenges the best of golfers and offers a great recreational experience for the rest of us. Area golfers recognize "The Pines" as the best value for golf on the Monterey Peninsula. Our **Monthly Play Pass** offers golfers an opportunity to play unlimited golf for the month for a very reasonable fee. Additional savings on golf are available with a 10-Play Golf Pass and a 10-Play Cart Pass. Our practice facility includes a driving range, chipping green with bunker and a large putting green. These are available daily to hone your golf skills and prepare for a round of golf at one of the Navy's finest golf facilities.

## 2-Person Scramble

**Saturday, December 3**

**8:30 am Shotgun Start**

Awards will be presented to the top three Net & Gross teams and for Long Drive & Closest to Hole on all Par 3s. You may sign up individually and be paired by the golf staff or sign up as a team. Call 831-656-1087 to have an entry form faxed or emailed to you.

### Entry fees:

Military/DOD ..... \$50  
Civilian ..... \$60  
(includes green fee, cart rental, prize fund and lunch buffet)

All paid entries submitted on or before 11/25 receive a **FREE round of golf** at Monterey Pines!

For those interested in participating with other golfers in friendly competition, we have several groups for your consideration. Membership applications for both groups are available in the Golf Shop.

- **The Golf Association** plays monthly tournaments played on the second Saturday of each month.
- **The Women's Association** plays every Wednesday beginning at 8:30 am

The **Monterey Pines Grill & Bar** offers a comfortable area to relax after golf and enjoy the latest sporting or news events on multiple TVs. Monterey Pines is a great place for golf, lunch, meetings or to just sit outside with friends and chat. Our private banquet room is ideal for meetings and special events. All areas have access to Wi-Fi so you can

# You deserve to save

Just for being a part of:  
**US Navy**  
you could be **saving 15%**

on the monthly service charge of qualified wireless plans

The AT&T Sponsorship Program can help you manage your wireless life. We have business agreements with hundreds of government agencies, including federal, state and local entities, so we're able to offer their employees substantial savings on their wireless service.

To purchase online, visit [att.com/wireless/navy](http://att.com/wireless/navy)

Or, to find a store closest to you, visit [att.com/find-a-store](http://att.com/find-a-store)

If you visit a local AT&T store, please have proof of eligibility (Employee badge, paystub or student ID).

**Mention code: 2421954**



**Sponsorship Program discounts:** Service discounts are available to qualified employees, students and other authorized individuals associated with eligible sponsoring organizations, such as companies and colleges/universities with a qualified wireless service agreement ("Business Agreement"). Qualified individuals must provide proof of eligibility (i.e., valid employee badge/paystub, student ID or other approved validation method) and subscribe to service as Individual Responsibility Users ("IRUs"), taking personal liability for their accounts. Service discount is subject to the Business Agreement and may be interrupted, changed and/or discontinued without notice to you. A minimum number of employees, minimum monthly service charge for qualified plans, additional AT&T services or other requirements may apply for eligibility. Under some Business Agreements, service discount can vary monthly depending on the organization's aggregate volume of qualified charges. Service discount applies only to the monthly service charge of qualified plans (unless otherwise provided in your organization's Business Agreement). Service discounts are not available with any unlimited voice plans. For Family Talk plans, service discount will only apply to the primary line. For all Mobile Share plans, service discount applies only to the monthly service charge for the data allotment (i.e., plan charge) of eligible plans, not to the additional monthly device access charges. Additional plan and other restrictions apply. Service discount may take up to two (2) billing cycles to appear on invoice after eligibility is confirmed and will not apply to prior charges. Service discount is applied after application of any available credit or other promotional offer and may not be combined with other service discounts. If you have a question about available service discount and/or your eligibility, contact your organization's telecom manager/administrator or contact us at [att.com/getIRU](mailto:att.com/getIRU). All other marks contained herein are the property of their respective owners. Service provided by AT&T Mobility. ©2015 AT&T Intellectual Property. All rights reserved. AT&T and the AT&T logo are trademarks of AT&T Intellectual Property.

surf the net or work online while here. To reserve our meeting room for your next business or civic meeting, call 831-656-7799.

**Golf Outings** at Monterey Pines are a great way to celebrate an important event or get together with a group of friends and enjoy a round of golf. The golf staff provides professional tournament management and invites you to contact them for your next event. No matter the size of your group, we'll assist you with preparation of scorecards, long drive and closest to hole markers, cart signs, scoring and prizes. Contact our tournament director, Sam Jepsen, at 831-656-7659 for information and to schedule your next event.



The **Monterey Pines Golf Shop** stocks the latest in golf apparel and equipment and offers competitive pricing on all merchandise.

We invite you to "test drive" our Demo Clubs and one of our PGA Professionals will assist you in selecting and fitting you with the clubs that best fit your swing characteristics. We periodically conduct Demo Days on the range with the major golf manufacturers showcasing their latest innovations in golf equipment. Contact the Golf Shop for dates of our Demo Days this year. Monterey Pines Logo Shirts & Windbreakers 50% OFF at the Golf Shop!

**Golf Lessons** - PGA members Sam Jepsen and Neil Larkin offer private golf instruction and welcome the opportunity to assist you in learning the game and improving your golf skills. Contact Sam or Neil at 831-656-2167 for lesson information and scheduling.

**Monterey Pines Driving Range**, chipping and putting greens are open daily for practice. Practice balls are available for \$5 (35 balls) and \$8 (70 balls). Discounts with up to a 40% bonus are available with the purchase of an E-Range Key.

## MONTEREY PINES RV CAMPGROUND

Located on Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily. .... **831-656-7563**

Located deep within the serene Monterey Pines Recreation Complex, Monterey Pines RV Campground is OPEN YEAR ROUND to all active duty, reservists, retirees, family members and DOD civilians. 29 full hook-ups, 8 partial hook-ups, bathhouse and coin-op laundry facilities. Visa/Mastercard accepted.

## NAVY LODGE

1100 Farragut Rd, Monterey • Open daily ..... **831-372-6133**



**Stay at Navy Lodge Monterey**, the perfect place for military members and their guests. We offer great value with our spacious guest rooms, family suites, fully-equipped kitchenettes, free Wi-Fi, and many other amenities. We also provide a complimentary breakfast

from 6-9 am and a weekly Manager reception and PREMIER guest service. Navy Lodge Monterey is located within walking distance to the Housing Welcome Center, La Mesa Elementary School, NEX Mini Mart and Family Service Center. Only a short drive to Naval Post Graduate School, Navy Exchange, MWR Fitness & Sports Center, Presidio of Monterey and Monterey U.S. Coast Guard Station. As an added convenience, pets can stay at Navy Lodge Monterey. Contact the Navy Lodge regarding pet policies. The authorized patron of the Navy Lodge will need to be present to check in a guest. For more information about pet policies and to make reservations, call 831-372-6133 or toll free 1-800-628-9466 or visit navy-lodge.com

## City of Monterey Recreation

# Preschool Program

Our popular pre-kindergarten program is structured around the concept of learning through play. Children acquire the knowledge and social skills necessary to ensure a successful transition into elementary school.



Call the Preschool location of your choice for a registration appointment.

### AGES:

3-5 years

(Must be "potty" trained)

### DAY/TIME:

Mon-Fri 10 am-1 pm

### LOCATIONS:

**Casanova Oak  
Knoll Park Center  
735 Ramona Ave  
831-646-5665**

**Hilltop Park  
871 Jessie Street  
831-646-3975**

**Monterey  
Youth Center  
777 Pearl Street  
831-646-3873**



# CHILD & YOUTH PROGRAMS



Child and Youth Programs (CYP) are provided for children ages 6 weeks to 17 years in state-of-the-art facilities within walking

distance of La Mesa Village. The La Mesa Elementary School is right next door to the Child Development Center and up the street from the Tech Connection. Open to Active Duty military, reservists in Active Duty status, and DOD civilians on a space available basis. For more information, call 831-656-2734 or email CDCAdmin@nps.edu. Request for childcare is available online at [militarychildcare.com](http://militarychildcare.com)



## Registration Process for CYP Programming starts online.

Visit [www.militarychildcare.com](http://www.militarychildcare.com) to create an account containing information about your family, search for the child care options that best fit your needs and submit your request for care online.

**Hourly Care** spaces are available at both the Child Development Center and the Tech Connection School Age facilities. Although spaces are limited, we encourage parents to be aware of the availability. Reservations can be made up to 30 days in advance. Cost is \$4 per hour. Call 831-656-2734 for CDC information/availability and 831-656-2127 for Tech Connection information/availability; or utilize CYP online at [www.naval.lifsw/cyponline](http://www.naval.lifsw/cyponline) to make reservations.

## CHILD DEVELOPMENT CENTER ..... 831-656-2734

Located at 2 La Mesa Way, Bldg 439 La Mesa Village next to La Mesa Elementary School. Open Mon-Fri, 7 am-6 pm for full-time care. Closed all federal holidays. For children ages 6 weeks-5 years, the Child Development Center in La Mesa Village is the place for you. For more information, call 831-656-2734 or email CDCAdmin@nps.edu

### Give Parents a Break!

at the CDC the following dates and times:

- **Oct 7 • 6-11 pm**
- **Oct 15 • 4-10 pm**
- **Oct 21 • 6-11 pm**
- **Nov 4 • 6-11 pm**
- **Nov 18 • 6-11 pm**
- **Nov 19 • 4-10 pm**
- **Dec 2 • 6-11 pm**
- **Dec 10 • 4-10 pm**
- **Dec 16 • 6-11 pm**

To register and prepay online, utilize CYP online at [www.naval.lifsw/cyponline](http://www.naval.lifsw/cyponline). Pre-registration and pre-payment required. Cost \$4 per child.

### Parent Teacher Conferences

**will be held in the month of December**

at the Child Development Center. Dates and times will be determined by the classroom. See your child's teacher for more information and to sign up for a conference time.

### CYP Harvest Parade

**Monday, Oct 31 • 3 pm** at the Child Development Center and Tech Connection (Part Day Pre-School will hold their parade at 11 am on Oct 27/28.) Costumes are welcome, but please no weapons, masks or scary costumes. Parents/families are welcome to join us! More information will be available from your child's teacher/SAC counselor.

### CYP Thanksgiving Luncheon

**Tuesday, Nov 22** at the Child Development Center. Check with your child's teacher for more information and for the time of the luncheon.

### Part Day Preschool

#### Thanksgiving Luncheon

**Nov 17-18 • 11-11:30 am** at the Tech Connection.

### The Tech Connection SAC

**(Being Thankful Celebration)**

**Friday, Nov 18 • 3:15-3:45 pm**

### Parent Involvement Board Meeting

**Friday, Dec 9 • Noon-1 pm** at the Tech Connection.

## TECH CONNECTION TEEN & YOUTH CENTER

(Grades K-12) ..... **831-656-2127**

La Mesa Village, 1222 Leahy Rd. Bldg. 444. Building hours are 6:30 am-6 pm (Part day preschool is offered during the school year from 8:30 am-11:30 am) and closed all federal holidays. For more information, call 831-656-2127 or email NPSMWRTechConnection@nps.edu.

### Before And/Or After School Care

registration is active throughout the school year and care is offered at the Tech Connection Teen & Youth Center. Before school activities run from 6:30-7:40 am and after school until 6 pm. The Tech Connection offers enriching activities incorporating Boys and Girls Clubs of America and 4H curriculum, to include: fine arts, technology, health & life skills, leadership, education and fitness. To

## Don't Get Caught when School Breaks Hit!

### Sign up for SAC Camps!

Cost is based on total household income. For more information, visit us or call 831-656-2127.

## SAC Fall Break Camp

**Monday-Friday, Oct 11-14**

Join us at the Tech Connection for a week of athletics, art, science and more! Registration is priority based so don't wait to join; register online at [www.militarychildcare.com](http://www.militarychildcare.com)! Families already enrolled in the SAC program will need to register the beginning of September and open registration will begin after that, based on space availability. Cost is based on total household income. For more information, visit us or call 831-656-2127.

## Thanksgiving Camp

**Monday-Wednesday, Nov 21-23**

Registration is priority based so don't wait! Families already enrolled in the SAC program will register towards the middle/end of October and open registration will begin after that, based on space availability. Register online at [www.militarychildcare.com](http://www.militarychildcare.com). Cost is based on total household income. For more information about what will be offered during this week to come.

## Winter Camps I & II

Families already enrolled in the SAC program will register towards the middle/end of Nov and open registration will begin after that, based on space availability; register online at [www.militarychildcare.com](http://www.militarychildcare.com). Cost is based on total household income. Watch for more information about what will be offered during this week.

register, visit [www.militarychildcare.com](http://www.militarychildcare.com) and fill out "REQUEST FOR CARE".

**Teens** (Grades 6-12) Open Monday, Tuesday, Thursday, Friday 4-6 pm; Wednesday 2-6 pm and Summer & School Breaks: 12-6 pm daily. Come meet military and DOD youth in a fun and relaxing environment! Get connected with your local community and participate in 4H and Boys and Girls Clubs of America activities. Weekly programs include athletics, arts & crafts, education & technology, leadership, and life skills. Our staff would love to show you around and tell you about our programs. Join the fun!

**Youth Sponsorship** lunch meetings are offered once a week at La Mesa Elementary, Colton Middle School and Monterey High throughout the school year. These meetings are a time to play ice breakers/group games, meet other military youth and get information on local attractions. Pick up a Youth Sponsorship form from the Tech Connection today!

## YOUTH SPORTS & CLASSES

**First Tee Golf Program** (Military Affiliate Program tentatively for ages 7-17). Young people are introduced to the First Tee through character education curriculum to develop positive youth. Registration is ongoing. Program tentatively begins in September. Classes start at 3:45 pm on Thursdays and are taught by certified First Tee Instructors. Sign up at the Tech Connection today! FREE!

**Ballet** (ages 3-10) - **Tuesdays** at the Tech Connection - Registration is ongoing. Classes are 4 and 6-week sessions. Minimum of three students in each class to run. Classes currently offered are:

- 3-4 year olds - 2:30-3:15 pm
- 5-6 year olds - 3:15-4 pm
- 7-10 year olds - 4-4:45 pm

Participants must re-enroll for ballet at the beginning of each month. (Class times

subject to change; verify class times as you sign up monthly). Sign up and pick up class schedules at the Tech Connection.  
Cost.....\$48-\$72  
(depending on number of weeks in session).

**Cheer/Dance Class** (ages 5-18)  
pending instructor

**Thursday, 3:30-4:30 pm for 5-7 year olds  
& Thursday, 4:30-5:30 pm for 8+ years**

at the Tech Connection. Registration is ongoing. Monthly enrollment fees must be paid prior to attending the first class and we must have current registration paperwork on file. Classes must have a minimum of three students to run. Cost ..... \$36-\$60 monthly  
(depending on the number of weeks in the session  
– we do not prorate monthly fees for individuals that do not attend scheduled classes).

**Soccer** (ages 5-14) Registration will be early summer. Children are introduced to the fundamentals of soccer to promote camaraderie and sportsmanship. Season will be from mid-Aug to end of October. Registration is at the Tech Connection. Any questions, contact our Youth Sports Coordinator at 831-656-2127 or email NPSMWRTEchConnection@nps.edu

**Basketball** (ages 5-13) Registration runs Oct-Nov. Current registration paperwork, birth certificate/passport/military ID, and

an online parent's training are required for each child prior to register. Children are introduced to the fundamentals of basketball to promote camaraderie and sportsmanship. The season (Dec-Feb) consists of approximately 8 weeks of games with 2 weeks of practices preceding games. Pick up a registration packet at the Tech Connection Teen & Youth Center. Sign up early!  
Cost is \$50/ child (includes league registration, jersey, and a sports medal. An optional \$13 photo package is available for purchase at registration.)

**Start Smart Basketball** (ages 3-5). Teaches children the basic motor skills necessary to play organized sports while they work one-on-one and spend quality time with their parents. 6-weeks session consisting of one, one-hour session per week. Sessions will run Jan-Feb. Registration in Dec. Pick up a registration packet at the Tech Connection Teen & Youth Center. Minimum one parent/guardian per child must attend each class. FREE!

### Youth Sport Coaches Needed!

Child and Youth Programs is looking for positive and dedicated coaches. Volunteer coaches are always needed for sports programs. Stop by the Tech Connection to receive a coaches' packet today!

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# NSA MONTEREY SCHOOL LIAISON



## Parent Conferences

**PCSing In or Out?** Have questions about academic options in Monterey or your next duty station?

The SLO can assist you.

Parent conferences are required for all families with school age children arriving in Monterey. Parent conferences are also highly recommended for families that will be PCSing out during the middle of the school year. Book early to ensure enough time to gather all pertinent school records.

## Friendly Reminders

- At La Mesa Elementary, there is no supervision prior to 7:45 am. Early drop-off is not permitted.
- CA law requires all 7th graders to have a current T-Dap shot. Students will not be permitted to attend school without this immunization.
- MPUSD has busing from La Mesa Village to Colton MS but not Monterey HS.

## Prevent Truancy & Unexcused Absences

### • Utilize Independent Study

On the rare occasion that you must take your child out of school for travel outside of a regularly scheduled holiday or school break, you must arrange for independent study (I/S). Successful completion of independent study prevents unexcused absences or truancy and ensures your child doesn't fall behind academically.

- I/S must be for an absence of at least 5 days and no more than 15 days
- Parents/Guardians must notify the school at least 5 days in advance of the future absence/departure
- The school principal must approve the I/S contract
- Upon the student's return, the teacher will evaluate the work and award attendance
- Failure to complete the assignment(s)

during the absence will result in unexcused absences and/or truancy referral

- I/S is not for recapturing unexcused days or students who are ill
- No credit will be given for incomplete assignments or work that fails to demonstrate reasonable quality.

## SB 277-CA School Immunization

**Requirements** - Almost all California school children are required to be fully vaccinated in order to attend preschool, public or private school, regardless of their parents' personal or religious beliefs.

## Charter School Lottery For 2017-2018

In the Monterey area all charter schools have winter deadlines for applications. Students are accepted via a lottery system with remaining students placed on a waiting list. For more information and applications, visit each school's website.

## MPUSD Intradistrict Transfer

**Application Period** - For parents seeking to have their child attend a different school within Monterey Peninsula Unified for the 2017-2018 school year, the application period begins in January. Check the District website for details [http://www.mpusd.k12.ca.us/cms/page\\_view?d=x&piid=&vpid=1302696183771](http://www.mpusd.k12.ca.us/cms/page_view?d=x&piid=&vpid=1302696183771)

**Homeschooling in Monterey?** Register with a public school, private school, public charter school, correspondence course, virtual academy, or file an R-4 affidavit with the State. Contact your SLO for assistance.

**PIE-Partners In Education** is designed to encourage and increase support of the local schools through a Navy volunteer effort. PIE volunteers are needed. This program offers opportunities for military and civilian members attached to commands within Navy Region Southwest to give their time as volunteers at local schools. Both one-time and on-going options are available. For more information, call 831-656-1008 or email [lflynn@nps.edu](mailto:lflynn@nps.edu)

## English Learners Program for Children

is open to K-5 students of La Mesa Elementary School. The program supports the children of international service members who are learning English. U.S. Navy service members taking foreign language classes at DLI provide tutorial support. Meetings are held on Saturdays from 10 am-Noon at the Tech Connection Youth Center, 1222 Leahy Road, Bldg. 444 in La Mesa Village. For more information, email [Jeremy.merrill1@navy.mil](mailto:Jeremy.merrill1@navy.mil) and [lflynn@nps.edu](mailto:lflynn@nps.edu)

## Moto-Mentoring Others Through Outreach.

Available to all services and civilians at NPS. Central Coast High School is in need of volunteers for the 2016/2017 school year. MOTO is part of the PIE program in Monterey. CCHS provides an educational opportunity for students who desire to get back on track and achieve their high school diploma. Be part of a rewarding journey. For more information, contact Nick Aionaaka at [nhaiona@nps.edu](mailto:nhaiona@nps.edu) or Heather Pelachick at [hlpelach@nps.edu](mailto:hlpelach@nps.edu) or the SLO at [lflynn@nps.edu](mailto:lflynn@nps.edu) or by phone at 831-656-1008.

## ESL-English as a Second Language

**Classes** - Herrmann Hall-Room 29 • FREE!

**Mon-Fri: English Class 8:30 am-12:30 pm;**

**Mon-Thu: Conversation Class 1-2:30 pm.**

Registration on Mondays & Fridays 8:30 am. For more information email Ms. Koh at [mkoh@nps.edu](mailto:mkoh@nps.edu)

## Breakfast for Your Brain "Youth Tutorial Program"

- Most **Saturdays 9-11 am** at the NPS Dudley Knox Library. The Naval Postgraduate School Math Club is offering free tutoring in all subjects for students grades K-12. To request a tutor, email [BreakfastForYourBrain@NPS.edu](mailto:BreakfastForYourBrain@NPS.edu)

**Tutor.com** is an online tutorial option for Active Duty, National Guard & Reservist, K-12th grade students. [www.tutor.com/](http://www.tutor.com/) military Free 24/7 access for online tutoring and homework help from a live tutor.

**Sailboat Rental** - All skippers must complete a check sail through NPSSA and pass a written exam. Group sail participation is normally required prior to requesting a check sail. Email: [npssa.vc.training@gmail.com](mailto:npssa.vc.training@gmail.com) to schedule a check sail.

**Half Day Rental \$25 / Full Day Rental \$50**

**Rent a Santana 22-ft sailboat for only \$25!**

**Sail with a group on Monterey Bay for only \$10/person!**

**Race with us on 30 foot Shields in regular races on the Bay!**

**Learn to Sail!**

**Sailing Classes** - No experience necessary. Earn a Navy "B" keelboat skipper qualification, recognized at MWR Marinas worldwide. NPSSA Membership required. Email: [npssa.vc.training@gmail.com](mailto:npssa.vc.training@gmail.com) for details. Cost \$175

**Group Sails** are offered several times per month and led by an experienced skipper. Designed to help you brush up on your sailing skills. Novices welcome! Email: [npssa.vc.training@gmail.com](mailto:npssa.vc.training@gmail.com). NPSSA member \$10 / Non-member \$25

## NPSSA Membership

Open to NPS students, faculty, staff and local DOD personnel. Cost is \$50/year and covers the member and immediate family. Email: [npssa.commodore@gmail.com](mailto:npssa.commodore@gmail.com) for an application or to be added to the email distribution list. <http://npssa.org>

**Rent a Santana 22-ft sailboat for only \$25!**

**Sail with a group on Monterey Bay for only \$10/person!**

**Race with us on 30 foot Shields in regular races on the Bay!**

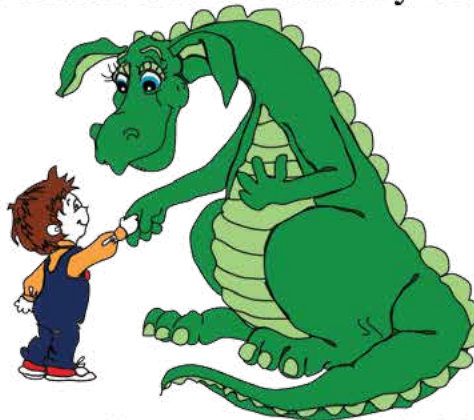
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Sexual Assault Prevention Response  
Hot Line ..... 877-995-5247  
Appointments .... 1-866-923-6478

*The FFSC supports the military by providing a wide range of services and assistance that respond to personal and family needs that positively impact the quality of life for our service members and their families. Classes are free of charge. Space is limited. Call ahead of time to reserve a spot. All classes are held at the FFSC- La Mesa Housing Community, 1280 Leahy Road, unless otherwise indicated. Childcare is available, however, must be arranged no later than 5 days prior to class date. For more information, call 831-656-3060. Volunteer opportunities are available!*

#### FFSC Office Locations:

- **La Mesa Village**, 1280 Leahy Rd  
Mon-Fri 8 am-4:30 pm
- **Herrmann Hall** - Bldg 220,  
2nd Floor West Wing (Room 157)  
Counseling Services available by appointment.

#### Available by appointment:

- Resumé and Federal Application Review
- Family Employment Readiness Program
- Individual Relocation Counseling
- Individual Financial Counseling
- Individuals, Couples & Family Counseling

#### FAMILY & LIFESKILLS

##### **Two Birds Never Sing the Same Song: Couples Communication**

Tue, Oct 4, 3-5 pm  
Thu, Nov 17, 12-2 pm  
Tue, Dec 6, 3-5 pm  
Thu, Jan 19, 12-2 pm

##### **What's a "BZ"? The Lingo and Lifestyle of a Military Spouse**

Wed, Oct 5, 10 am-12 pm  
Wed, Nov 2, 10 am-12 pm  
Wed, Dec 7, 10 am-12 pm  
Wed, Jan 4, 10 am-12 pm

##### **You're Not Alone Suicide Prevention Awareness**

Wed, Nov 9, 12-2 pm  
Wed, Dec 14, 12-2 pm  
Wed, Jan 11, 12-2 pm

##### **Don't Sweat the Small Stuff... It's all Small Stuff: Managing Stress and Time**

Mon, Nov 14, 8-10 am  
Mon, Dec 12, 8-10 am  
Mon, Jan 9, 8-10 am

##### **"I Said Over Easy!!!!" Controlling Anger Before Anger Controls You**

Mon, Oct 17, 3-5 pm  
Thu, Nov 3, 12-2 pm  
Mon, Dec 19, 3-5 pm  
Thu, Jan 5, 4-6 pm

##### **They Never Told Us That: Teen Workshop @ The Tech Connection**

Wednesdays, 4-5:30 pm

##### **The 5 Love Languages Workshop**

Thu, Nov 10, 1-4:30 pm

#### EMPLOYMENT

##### **Interviewing Skills**

Thu, Oct 20, 10 am-12 pm  
Thu, Nov 17, 10 am-12 pm  
Thu, Dec 15, 10 am-12 pm  
Thu, Jan 19, 10 am-12 pm

##### **Your Winning Resumé**

Thu, Oct 13, 10 am-12 pm  
Thu, Nov 10, 10 am-12 pm  
Thu, Dec 8, 10 am-12 pm  
Thu, Jan 12, 10 am-12 pm

##### **Hire Our Heroes: Spouse Networking Summit**

Thu, Oct 20, 6-8 pm

#### FINANCIAL MANAGEMENT

##### **How to Survive the Holidays Financially**

Tue, Oct 4, 9 am-12 pm

##### **Consumer Awareness**

Tue, Nov 8, 9 am-12 pm

##### **Credit Management**

Tue, Dec 6, 9 am-12 pm

##### **Preparing a Personal Financial Budget**

Tue, Jan 3, 9 am-12 pm

##### **Million Dollar Sailor**

Thu-Fri, Nov 3-4, 10 am-4 pm

#### RELOCATION

##### **PCS Right: Techniques to take your PCS to the next level**

Wed, Oct 12, 1-3 pm  
Wed, Nov 9, 1-3 pm  
Wed, Dec 14, 1-3 pm



Wed, Jan 11, 1-3 pm

#### DEPLOYMENT

##### **Pre-Deployment/Mobility Briefing**

- Thu, Nov 17, 1-3 pm

##### **Mid-Deployment/Mobility Briefing**

- Thu, Dec 15, 1-3 pm

##### **Post-Deployment Return & Reunion**

Thu, Oct 20, 1-3 pm  
Thu, Jan 19, 1-3 pm

##### **IA Spouse Discussion/Support Group Meeting**

Mon, Oct 3, 11 am-12 pm  
Mon, Nov 7, 11 am-12 pm  
Mon, Dec 5, 11 am-12 pm  
Mon, Jan 2, 11 am-12 pm

#### TRANSITION ASSISTANCE PROGRAM

Transition GPS (Goals, Plans, Success) is a program designed to ease the transition from military to civilian life.

##### **Transition GPS Workshop**

Mon-Fri, Oct 17-21, 8 am-5 pm  
Mon-Fri, Nov 14-18, 8 am-5 pm  
Mon-Fri, Dec 12-16, 8 am-5 pm  
Mon-Fri, Jan 23-27, 8 am-5 pm



##### **Capstone Workshop**

Wed, Oct 5, 1-4 pm  
Wed, Nov 2, 1-4 pm  
Wed, Dec 7, 1-4 pm  
Wed, Jan 4, 1-4 pm

##### **Entrepreneurship Workshop**

Mon-Tue, Dec 5-6, 8 am-4 pm

##### **Higher Education Workshop**

Mon-Tue, Oct 31-Nov 1, 8 am-4 pm  
Mon-Tue, Jan 9-10, 8 am-4 pm

##### **Technical Workshop**

Thu-Fri, Nov 3-4, 8 am-4 pm

#### EXCEPTIONAL FAMILY MEMBER PROGRAM

##### **EFMP Community Support Group**

- held at Army Community Service Center Gold Room

##### **Understanding and Improving Behaviors**

Thu, Oct 13, 6-8 pm  
Thu, Nov 10, 6-8 pm

##### **Scream Free Parenting**

Tue, Dec 6, 6-8 pm  
Thu, Dec 8, 6-8 pm

##### **Horses, Hope and Kids**

22400 Indian Springs Rd. Salinas  
Sat, Oct 1, 10 am-12 pm  
Sat, Nov 5, 10 am-12 pm

#### PARENTING EDUCATION

##### **The New Parent Support Home Visit Program**

provides a variety of support, referral and education services for expectant and new parents with children from birth up to 4 years old. We serve both single and married, active duty, foster, adoptive and eligible family members. The program is designed to be a personal, private interaction for family members that want to get along better, communicate more and feel closer to each other. What we teach in the program is self-awareness, empathy, discipline alternatives, age appropriate expectations, bonding and attachment. You will learn to replace yelling with more effective discipline techniques such as redirection, choice and consequences, family rules and praise. Find us on Facebook at [facebook.com/ffscmonterey](https://facebook.com/ffscmonterey) for updated information about our Toilet Learning Workshop, Baby's First Foods class, Baby Sleep's 101 Class and more!



##### **Co-Parenting Workshop**

Experiencing divorce is very difficult and ends a marriage. Divorce with children ends a marriage but not the family. This workshop

addresses how children are often put in the middle of parental conflict, and how parents can keep their children out of that position. This workshop presents research on the effects of divorce on children, divorce from a child's perspective and how parents can minimize the impact. It is suggested that only one parent attend at a time.  
Wed, Oct 5, 12, 19 & 26, 4:30-6 pm

#### COMMAND SPECIFIC PROGRAMS:

##### **SAPR Victim Advocate Refresher Training**

Tue, Dec 6, 12-4 pm

##### **SAPR Victim Advocate Initial Training**

Mon-Fri, Oct 24-28, 8 am-4:30 pm

##### **SAPR Initial Point of Contact Training**

Thu, Oct 6, 8-4:30 pm

#### FOR COMMAND APPOINTED PERSONNEL

(available upon request) - Contact the SARC at 831-656-3175 or your SAPR POC if you are interested in becoming a Unit Victim Advocate or POC!

#### **Command Financial Specialist**

**(CFS)** are members of the military who have been appointed by the commanding officer to provide financial education and training, counseling, and information referral at the command level. CFSs are trained to establish, organize, and administer the command's personal financial management program.

#### **Command Financial Specialist Workshop**

Mon-Fri, Nov 28-Dec 2, 8 am-4 pm

#### **Knights of the Financial Round Table**

Fri, Dec 9, 9 am-12 pm

#### **Sponsor Training\***

Mon, Oct 17, 2-3:30 pm

Mon, Nov 7, 2-3:30 pm

Mon, Dec 12, 2-3:30 pm

Mon, Jan 9, 2-3:30 pm



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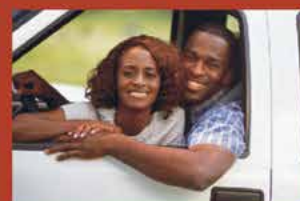
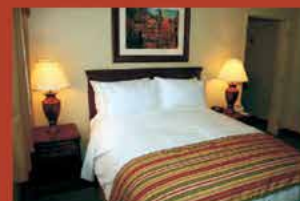
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